



Mental Health Resources

- National Helpline 1-800-662-HELP (4357)
- Mental Health America: www.mhanational.org
- Anxiety & Depression Association of America: www.adaa.org
- National Alliance on Mental Illness: www.nami.org
- National Institute on Mental Health: www.nimh.nih.gov
- www.mentalhealth.gov
- Employee Assistance Programs (EAP)
- Therapists/Counselors
- Support Groups
- Local Resources (NAMI Southern Arizona)

